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Wartburg Day of Silence

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Wartburg students banded together to raise awareness about suicide on Nov 16 by wearing black outfits and name tags.

Molly Wertz

The Day of Silence was organized by SAFE (Suicide Awareness for Everyone), a student organization on campus.

"We will start out the day with some people dressed in all black and wearing name tags, by the end of the day the entire campus seems to be talking and too many people to count have gone back to their rooms to change," President of S.A.F.E, Hailey Franzen said.

Wearing black clothing has been a tradition since the organization began, Franzen said. It is a bold color yet it allows you to fade into the background.

"Students also wear name tags with a simple question, "'What if I wasn't here?' Gosh, I can't imagine you not being here," said counselor Molly Wertz.

Wertz added that suicide is the second leading cause of death in ages 15-24 years old.

There are many contributing factors to suicide, Director of counseling services Stephanie Newsom said.

Depression, substance abuse and lack of coping mechanisms are some common ones.

Newsom said it is very important to raise awareness.

When talking to students they have a lot of misconceptions about suicide, what to do and how to respond.

"Educating other students is very important, creating awareness for everybody else who comes upon someone who is struggling, to make sure they manage it in the right way and help," Newsom said.

Part of the training in a suicide education class Wertz teaches is telling a trusted adult or individual if someone is experiencing suicidal thoughts.

Just by asking someone the question of "are you alright mentally?" provides relief, said Wertz, that person acknowledges that something is wrong and are experiencing these thoughts doesn't feel so alone anymore, she said.

Newsom said the individual that is hurting needs to express and talk about what's going on. That can start with someone that they feel close with and they can trust, she sai.

Franzen said she would ask if the individual actively thought

▸ Importance of colored flags — p.2

Mark Lehmann directing members of all choirs during "Christmas with Wartburg" rehearsals in the chapel. -**Silvia Oakland**/*TRUMPET*

Crunch time for CWW

SILVIA OAKLAND *ASST. NEWS EDITOR*
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"Christmas with Wartburg" is quickly approaching and students have their schedules packed with practices and school work, according to Wartburg students.

"Classwork always seems to pile up towards the end of the semester and "Christmas with Wartburg" just adds to that load," Sarah Yotter said.

Yotter participates in both Wind Ensemble and St. Elizabeth's Chorale.

This is Yotter's third year in Wind Ensemble and her second year with St. Elizabeth's Chorale.

Upperclassmen are not the only ones being affected by the busy schedules. For first years, "Christmas with Wartburg" is a new experience.

"I try to keep with the schedule and keep it as tight as possible. I also pray I can get everything I need done," Syd Warner said.

Warner will be in her first "Christmas with Wartburg" experience this year and is very excited.

"I am a little nervous because of all the stress and hard work that is going into this event, but so far every single person I have asked said that CWW is totally worth it, and that makes me very excited," Warner said.

Practices for "Christmas with Wartburg" can last up to three hours.

As a result, students must efficiently balance their school work, jobs and practice times.

"If you are diligent about planning your study time, it is doable," Yotter said.

"I have the fortune of only working a few hours a week, and have co-workers that understand the amount of work that we put into "Christmas with Wartburg" and are willing to take shifts to help me out."

The practices are not all hard work, however. Students still find a way to make their practices fun.

"I love all the bonding that is happening. It is very beautiful to see all of us very stressed but happy musicians come together to create beautiful music," Warner said.

Along with having a good bonding experience, some students feel a sense of satisfaction after performing.

"For me the most satisfying part is getting to hear all of the ensembles come together as one to make music. The first time that the spirit of "Christmas with Wartburg" hits is when you can feel the emotion in the air as we rehearse and perform. Getting to share that emotion and spirit with the other performers and the audience is a feeling that I will never forget," Yotter said.

Both students and directors encourage everyone to come join the celebration of "Christmas with Wartburg."

Warner said if anyone enjoys choir music, don't hesitate to attend the event and support the student performers, who greatly value the event.

▸ Emotional feeling of CWW — p.2

Celebrating St. Elizabeth's Week

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The 2017 St. Elizabeth Week Service Award Ceremony was held at the Nov. 15 St. Elizabeth chapel.

One of the awards was the St. Elizabeth award for service.

This award recognizes students that have shown a commitment to service and are a living example of the mission of Wartburg.

This award was given to seniors Andrea Leisinger, Jocelyn Keller and Kennedy Haut.

The other award given was the Pastor Larry Trachte Award for Service.

This is given to staff or faculty members who demonstrate Trachte's enthusiasm, involvement, support, dedication and overall commitment to Wartburg's mission of service.

This was awarded to Jennifer Onuigbo, Tony Smith and Dr. Craig Hancock.

From left: Award winners Andrea Leisinger, Kennedy Haut, Jocelyn Keller, Tony Smith, Jennifer Onuigbo, and Dr. Craig Hancock being recognized.-**Kendall Erenberger**/*TRUMPET*

This year, 24 members of the Wartburg community were nominated, and six were chosen to receive the award, junior Nora Brown said.

"Originally (it was) formed as a way to recognize students who had gone above and beyond in their commitments to service," Brown said.

"Over the years the award has grown to also include faculty and staff."

While the tradition of giving the St. Elizabeth award dates back to the early 90s, the Trachte award was created several years ago, Brown said.

"Pastor Trachte served here for many, many years, more years than we can count," Rev. Ramona Bouzard said.

"And I had the privilege of serving with him. What a great witness to God's love and strength in the community and offering lives for service."

To help give background on St. Elizabeth and why she is celebrated, Hannah James gave a brief history on St. Elizabeth's life.

Amy Isvik also gave a message on St. Elizabeth.

Brown then gave the recognition for both awards.

The St. Elizabeth Chorale also performed three songs during the chapel service.

Wartburg had other events to celebrate St. Elizabeth week.

On Thursday, the documentary "A Place at the Table" was shown.

A lesson relating to servanthood and giving was also given in the FAC.

There was also a "Reflecting Table" over lunch and dinner on Friday.

St. Elizabeth's week is celebrated the week of Nov. 17.

Students working for lower pollution levels

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Wartburg students from India are calling for environmental awareness after the air pollution in New Delhi.

The capital city reached a hazardous level in the scale of the air quality index (AQI) last week, according to data collected by the U.S. Embassy and Consulates in India.

According to the World Health Organization (WHO), air pollution is the world's largest single environmental health risk.

Nearly 7 million people died globally from the effects of air pollution in 2012 and 1.5 million of them were from India.

"Just because New Delhi is on the other side of the world doesn't mean we should not be concerned," Anne Duncan, environmental sustainability coordinator at Wartburg, said.

"That pollution could still be caused by us, based on our purchasing choices."

The situation in New Delhi is unfortunate, but it is also a reminder that our actions have consequences, she said.

Also, even when we don't see the direct effect of this issue in Iowa right now, in the long run it could affect us since we all live under the same atmosphere, Duncan said.

New Delhi is currently in the range between the 300 and 400 level of AQI which means that the high amount of toxins in the air are a health threat for people breathing it.

Iowa's AQI is only in the 26 level, considered good quality air.

Here in the U.S., United Airlines announced last week the temporary cancellation of the flights from New York to New Delhi as safety measurement for their costumers.

However, they resumed flights to the city the following day when the levels dropped considerably.

"You see a lot of people walking with masks," Sneha Mahapatra, an international student from India, said.

"When it's really hot, the effect of air pollution, especially when you go out in the day, is really bad."

Amit Bharam, an international student from India, said he feels concerned about this situation in his country.

He advocates for the need of environmental education there.

Bharam was the recipient past April of $10,000 Davis Projects for Peace grant for developing a social and environmental project in his village Asade during last summer.

Part of his project was about reforestation and teaching good environmental practices to people in his community.

"People are getting health issues because of the air pollution in my country," Bharam said.

"There is a lot of work for us to do. If I was there I would help educating people and letting them know the consequences of polluting."

Mahapatra's cousins live in New Delhi.

She said they have told her how different non-profit organizations are providing masks and clean water to people in the streets to help them cope with the situation.

The Indian government has tried to overcome the toxic levels of air pollution by creating initiatives such as "Clean Delhi, Green Delhi."

This is the slogan for the campaign promoting more green areas in the city to improve the environmental crisis, said Mahapatra.

The government is also subsidizing environmental-friendly public transportation.

This includes things such as tuk-tuks that use compressed natural gas instead of using petrol or diesel.

The combustion of compressed natural gas generates less carbon dioxide and carbon monoxide than the combustion of petrol or diesel, she said.

Mahapatra called people to educate themselves about environmental practices and about how they are contributing to problems like the one in New Delhi.

"If there are other people that don't have the resources to educate themselves, how can you educate them?" she said.

-**Michelle Johnson**/*TRUMPET*

Importance of colored flags on campus lawn

◂ **continued from p. 1**

about the way they are going to end their life because that turns it into a whole different ball game when they do.

"The majority of people who are depressed don't commit suicide but a lot of people who do commit suicide are depressed," Newsom said.

Franzen said another topic of conversation are the purple and yellow flags that have been displayed on the campus lawn.

Each flag represents approximately seven people who have committed suicide in the past year. The purple flags resemble someone that identified with the LGBTQ+ community

"It gives me so much hope that our generation holds the power to change the way people talk about mental health and suicide in this country," Franzen said.

Dance Marathon more than doubled their Push Day goal, raising over $21,000 in one day. The goal for the organization is to raise more than $90,000 this year. - SUBMITTED PHOTO

WCDM Push Day yields big results

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Wartburg College Dance Marathon held a surprise Push Day on Nov. 17 as a way to raise money for the organization. Their goal was $10,000, $1,000 for each year Dance Marathon has been around, and they more than doubled it, reaching $21,170.63 in just 24 hours.

Co-Executive Director of Dance-Marathon 10 Nicholas Arp was tracking the results all day said he was very nervous to show the final number to everyone, but it was worth it after they were revealed.

"Wartburg College did an amazing thing on Nov. 16. We did it all for the kids," Arp said.

Arp said this Push Day was a surprise in order to create a sense of excitement for those involved.

Zane Strawser was one of the dancers who used social media to help spread the message and raise money.

He posted an embarrassing picture of himself for every donation he received and was surprised at how many he had to use.

"Before the day started I had pulled like 10 pictures and thought that would be plenty sufficient but around 9 p.m. donations were coming in left and right so I had to frantically search for more. But believe me that is a problem that I would like to have."

Arp said the organization did some things differently for this Push Day, including creating a "Hype" room in the Hub. The goal of the room was to allow dancers the opportunity to hang out with the executive team and find ways to reach out to possible donors.

"This "Hype" room helped bring together the Dance Marathon community to one single spot. I believe this helped to push the dancers to keep raising money all day," Arp said.

This was the largest Push Day for any private college in the state of Iowa, exceeding the money raised by both Loras and St. Ambrose.

After raising over $81,000 a year ago, more than $20,000 over their original goal, Dance Marathon has set a goal of over $90,000 for this year.

Other fundraising opportunities include Pizza Ranch night and ButterBraid Pastry sales, Arp said.

Strawser said the day is important because it allows for dancers to not only raise money, but also brings all members of the organization together and can educate people on what Dance Marathon is about.

Even though there is still a lot of work to do, both Arp and Strawser are proud and happy with how the Push Day went.

"Amazed, speechless, proud. Those are the three words that would describe the final tote board reveal for me," Strawser said.

"Wartburg continues to amaze me in everything that students here do. To raise over $20,000, double our goal, in 24 hours is incredible for a school our size."

Emotional feeling of CWW

◂ **continued from p. 1**

"Every year I treasure the closing of the last show. We end every show with "Night of Silence" every year as we light candles and sing with all of the choirs, the band and the orchestra. I am brought to tears," Yotter said.

"Though the road to get there is stressful, that last moment culminates in the calm and beauty of getting to share this music with each other. It is a one of a kind feeling and experience that makes Wartburg unique."

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Students can create changes with Wartburg's Incubator Project

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The Wicked Problems Poster Challenge with the Wartburg Incubator Project is providing the first step toward solving a problem in the community.

Kristen Teig Torres

The project wants to help a student or group of students work on a community or global issue during winter term.

First, they create a poster highlighting a societal issue that they think is important to address.

"We don't want students to think of this as a competition but rather a challenge," said Kristen Teig Torres, the director of community engagement. "We hope to have this incubation of ideas so we can solve the world problems."

In January a poster will be chosen and the student or team will then get the opportunity to help look at their problem from different angles and fix it with resources provided by the school.

The idea was inspired by the Davis Project for Peace, which awards students $10,000 to work on a project to fix a global problem and implements their plans during the summer.

The Wartburg Incubator Project is focused more on localizing such problems.

"We are looking for things we can do in our own backyard," said Teig Torres. "We feel that all students can find ways to use what they're studying to help tackle and solve a problem."

The biggest benefit of this program is giving students the chance to help create change while also attending college, as well as receiving support from the community.

It will also help students enhance their creative thinking skills and learn that they can make a difference.

"The best thing that the program will do for students is help them think creatively and learn that they can address things right now. They don't have to wait until they get out of college or have ten years of work behind them, they can address them now," said Rev. Dr. Ramona Bourard, who was on the living and learning group when the project was developed.

Another benefit is that the college is able to see different problems students see in society.

Different experiences that students have can affect their perception of society and can bring a light to problems that may have been ignored by others.

"Any student who has thought 'that's a problem, maybe I can do something about it,' is the student that should do this program," Bourard said.

"The problems that will come out of the incubator project will come out of experience."

Anne Hargis has been vaping since high school, where it was considered a social norm among her peers. — AMBER ROTTINGHAUS/*TRUMPET*

Wartburg to add more smoking restrictions

AMBER ROTTINGHAUS NEWS EDITOR
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Wartburg's safety committee is considering adding to the Iowa Smokefree Air Act (ISAA) by prohibiting e-cigarettes and vaporizers on all of campus.

The ISSAA was first enforced in 2008 and banned smoking on all public and private school campuses and facilities.

Wartburg hopes to make the final decision to add e-cigarettes and vaporizers to these same restrictions by next year, John Myers, director of security, said.

"We've talked about it, and from a safety standpoint, they should be banned," Myers said. "The main reason for banning e-cigarettes is their lithium batteries. They catch fire just like hover boards."

Hover boards were banned from Wartburg's campus in 2015 due to their batteries being a fire hazard.

The decision to ban anything campus-wide is made by the president and his cabinet along with input from security, the safety committee and student life.

Some students, however, do not agree with this decision.

Anne Hargis has owned a vaporizer since high school and does not find it to be harmful.

"I don't think there's any reason for it to be prohibited. It doesn't smell as bad as cigarettes or produce the same amount of waste," Hargis said.

Hargis began using a vaporizer in high school, where it was considered a social norm. She also said vaping, like a fidget spinner, helps maintain her high energy levels while she is doing homework.

Others claim that vaporizers and e-cigarettes are helpful for those attempting to quit smoking.

However, Amanda Ramthun, a community health specialist with the Waverly Health Center, said such devices are not chemical-free.

"There are many health effects and physical dangers associated with the use of e-cigarettes," Ramthun said.

"They are not regulated yet by the FDA so those who manufacture and sell them really have no rules to follow."

In light of the Great American Smokeout last week, Ramthun encouraged other forms of quitting the habit, which causes about one in five deaths in the U.S. annually and various health problems such as lung and heart disease.

Other methods include discarding all cigarettes, informing family and friends, stocking up on gum, carrot sticks and hard candy and staying active and drinking lots of water.

Those looking to quit smoking in Bremer county can contact a health specialist with the Waverly Health Center at 319-483-1361 for information and support, or contact Quitline Iowa directly to be set up with their own personal quit coach.

Quitline Iowa can be reached at 1-800-QUIT-NOW.

"It is never too late to quit," Ramthun said. "Our bodies have a great ability to heal. The longer you use tobacco the more damage it does to the body so the longer it will take to heal."

Preparation for 'Vagina Monologues' in progress

Emma EvansPeck and Rebecca Buchanan casting for "The Vagina Monologues." — TAYLOR WEB/*TRUMPET*

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The Wartburg College V-Day Campaign is sponsoring the annual benefit performances of Eve Ensler's "The Vagina Monologues" Feb. 8 and 9, at 7:30 p.m. in McCaskey Lyceum in the Saemann Student Center.

Twenty-eight women, both students and faculty, auditioned on Nov. 13 to be a part of the production.

"They are a group of monologues that are based on these interviews that Ensler did about women and their life experiences," Emma Evans-Peck, Vagina Monologues co-director, said.

"I auditioned my second year here as a challenge. Some of the monologues are very challenging to do. A lot of the issues are difficult to handle."

According to Wartburg's V-Day campaign, the organization puts on "The Vagina Monologues" every year at certain institutions.

These are produced by volunteer activists in the U.S. and around the world and educate millions of people about the reality of violence against women and girls.

Through V-Day campaigns, local volunteers and college students are able to produce annual benefit performances of "The Vagina Monologues."

These events generate broader attention for the fight to stop violence against women and girls, including rape, battery, incest, female genital mutilation and sex slavery.

"I think it is really important that women have something for women to tell women's stories, because I know a lot of the time they don't get talked about," Rebecca Buchanan, Vagina Monologues co-director, said.

For the students involved, the "Vagina Monologues" give them an opportunity to discuss a topic which they care about.

Morgan Riedesel said she has participated in "The Vagina Monologues" for three years simply because it is a cause she is really passionate about.

She added that she loves performing in front of an audience that includes people who know little about women violence and people who know a lot.

Other participants like Shilah Stroud use this event as a way to try to experience something new, and maybe even scary.

"I have been to every show since I got here freshman year, and every year I really wanted to do it and every year I wanted to go outside my comfort zone," Stroud said.

While the event's main purpose is to educate the audience on women's issues, it also assists a local organization.

All proceeds from the event will be donated to Cedar Valley Friends of the Family.

This is an organization that provides safe shelter, confidential services and housing assistance to individuals in crisis due to homelessness, domestic violence and sexual assault.

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Remember your fortune this Thanksgiving

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This Thanksgiving you will hopefully be among warm company and blessed with a bounty of food.

Somewhere between the spoonfuls of fluffy mashed potatoes and gulps of apple cider to wash them down, take a moment to fully appreciate your blessings.

We all too often become consumed by our First World "problems," allowing them, in a sense, to invade our reasoning and make our issues feel much larger than they are.

By allowing our numerous blessings to elude our equation of happiness a level of ignorance has been reached. These blessings are a vital part in understanding our fortune.

On the other side of the coin is the face of misfortune. There are innumerable people in the world who don't get to celebrate holidays in the warmth and joy of family, friends, and abundance. Some are fortunate enough to have a family but there is minimal or no food on the table.

A report published by endhomelessness.org showed on a single night in 2015, 564,708 people in the U.S. experienced homelessness in some form. Fortunately these numbers have decreased in the past years.

Thanksgiving comes at a good time, right before finals when students are the most stressed out and psychotic for the week leading up to finals.

The short break gives students the opportunity to take a moment to de-stress before the final push.

When you're hunched over your textbook cramming the night before and a tear of frustration wets your page, remember that you are fortunate enough to be receiving an education and that the tests and work are setting a foundation for your future.

You will be tired of school, but school gets over and life in "the real world" begins. Keep in mind that if you do not pave your path for success, your dislike for a job that you are not passionate about will be far worse than your current dissatisfaction with school.

So, this Thanksgiving eat, drink, and be merry. But I urge you to count your blessings and share what you can with those around you.

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My time in Denver has taught me a lot about myself and what it means to come from a small, rural town like mine. There are certainly many differences between rural Iowa and urban Denver, but it was surprising to find that there are some similarities, too.

I know that there are people on Wartburg's campus who might share a story similar to mine—they grew up in a small, rural town and have not had much experience in an ultra-urban environment. I am here to tell about my own experiences in Denver, and how through my time here I have been able to grow closer to my roots than ever before.

There is no doubt that I was nervous about coming to live in the city, and when I got here I questioned what I got myself into. Being the person I am, though, I accepted the challenge and did my best to get acclimated to the city life as quickly as possible.

The biggest hoops I had to jump through were ones that are present in many urban environments: the presence of a homeless population, not always encountering friendly faces and traffic and parking (oh, the parking).

It turns out that these factors were what intimidated me the most upon arrival. It also turns out that I had no reason to be intimidated.

As someone who had only encountered homelessness a handful of times, I was thrown into an environment where homelessness is very prominent.

Something important to note, though, is that when living in a city, homeless people are neighbors to those with homes and apartments. They sleep nearby, eat nearby, and socialize nearby. I had the opportunity to work with Denver Homeless Out Loud over the past couple of months.

This organization is very much so by homeless for homeless, and they work to give the homeless population in Denver a voice to the public through education panels, social media, and an in-house publication.

My work with Denver Homeless Out Loud opened my eyes to a much larger issue—there are stereotypes surrounding homelessness that simply are not true. Unfortunately, I played into those stereotypes when I first arrived. Overall, the homeless population in Denver is very friendly, and even if they are not, they do not seem to bother people very much.

One thing that is great about living in a small town and even attending a small college campus is that it can be difficult to not find a friendly, welcoming face. I would say from my own experience of growing up in a small town, everybody knows everybody.

Sometimes this can be a negative thing, but I think that, for the most part, this leads to a strong sense of community. It is that small-town appeal, as I like to call it. Denver might be a big city, but the sense of community I have found in this temporary adventure is truly incredible.

Sure, I rarely encounter the same face twice, but I have found many opportunities to get involved and meet new people. Whether that be attending free events, going to community gatherings and more.

The list could go on and on if I am talking about Denver. There are athletics clubs, yoga classes, dance groups, art groups, theatre groups, writing workshops and tons of free events. Searching for a community in Denver might be a little bit different than automatically having one in a small town, but I think that is what makes it special.

In a city, anyone has the opportunity to meet and organize with anyone. My time in Denver has made me realize that wherever I am, I can always connect my experiences back to my Iowa roots.

This adventure has made me appreciate the things I have back home more than I ever have before, but it has also taught me that going outside of my own comfort zone can be extremely rewarding. I encourage everyone to explore places and communities across the board—thrive in the big cities and find comfort in the small towns. It will be worth it.

All aboard the flavor train

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Welcome to Coon's Kitchen! Every week recipe(s) will be published to heighten your food experience while at Wartburg.

A big priority of mine will be to give you some recipes and inspiration to design your own new meals in the Mensa.

Let's be honest, too much of anything gets old, I'm here to help put a 'lil spice in your life.

I didn't forget about my off campus homies either, for you there will be healthy(ish), affordable, easy and above all tasty meals.

All measurements are tentative, feel free to experiment and play in the kitchen.

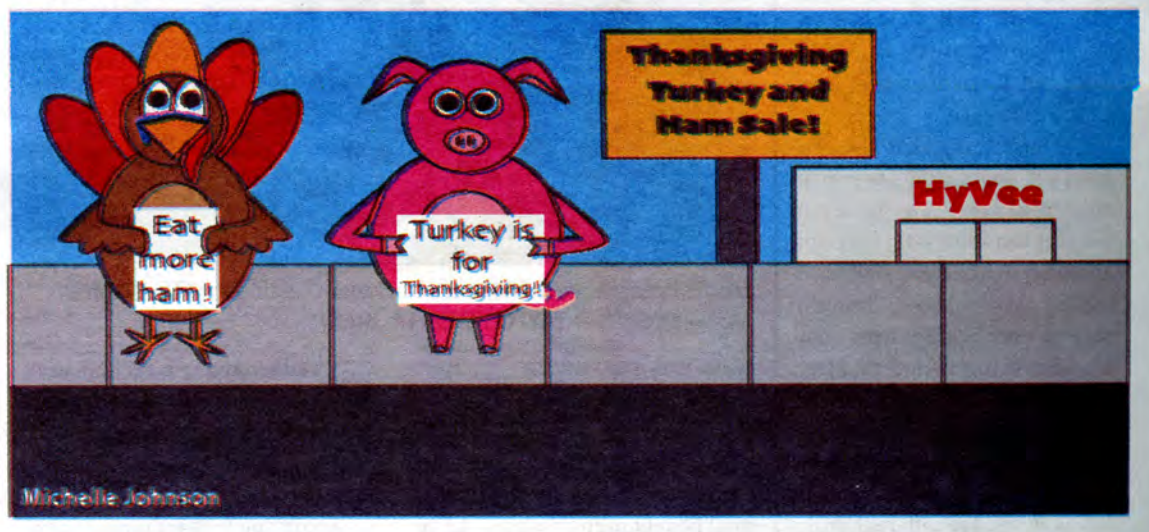
This week's recipe is for the Mensa but by any means (as with all recipes) you could take this simple recipe and make it a staple in your family's kitchen. Tweak it, add ingredients, try different seasoning and above all have fun and truly experience the food.

This is a personal favorite of mine, it's realatively healthy with around 550 calories. It packs some serious flavor due to the sun-dried tomato and Sriracha (which I would highly reccomend) combo.

Recipe for: Sun-Dried Tomato Pasta

Ingredients:
- 3 scoops of noodles (your choice)
- Tbsp. Sun-dried tomato seasoning
- Tbsp. Parmesan cheese
- 2 Scoops of chicken
- Tbsp. Olive oil
- Tbsp. Sriracha (for my spicy dawgs)
- Pine nuts
- Lemon

Instructions:
Get a big bowl and fill with noodles, add the chicken, parmesan and sun-dried tomato seasoning.
Microwave for 1 minute; or until hot.
Drizzle olive oil and sriracha, top with pine nuts, juice a lemon wedge, mix and enjoy.



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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to tyler.french@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

A feast for students over Thanksgiving break

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Wartburg is home to international and domestic students that live more than five-hundred miles away.

This Thanksgiving, Student Life offices wanted to show these students that Wartburg will always be a place they can call home, Director of International Student Services Zafrul Amin said.

The day before Thanksgiving, Nov. 22 from 5:30-7 p.m. in the Chapel commons, a potluck will be held for all students who are still on campus.

"The sense of being with a family while away from home during Thanksgiving is really nice," Sneha Mahapatra said.

Mahapatra has not returned to her home in India since she came to Wartburg in 2014.

When Arizona native Megan Burke was a freshman, she and other students in similar situations were invited by Dr. Zak Montgomery to have a pre-Thanksgiving meal with him and faculty.

"Wartburg hosting students from out of state on the long weekends is a very warm and welcoming experience," Burke said.

Burke has never gone home for break, she said.

Being far away has given her opportunities to go meet other families.

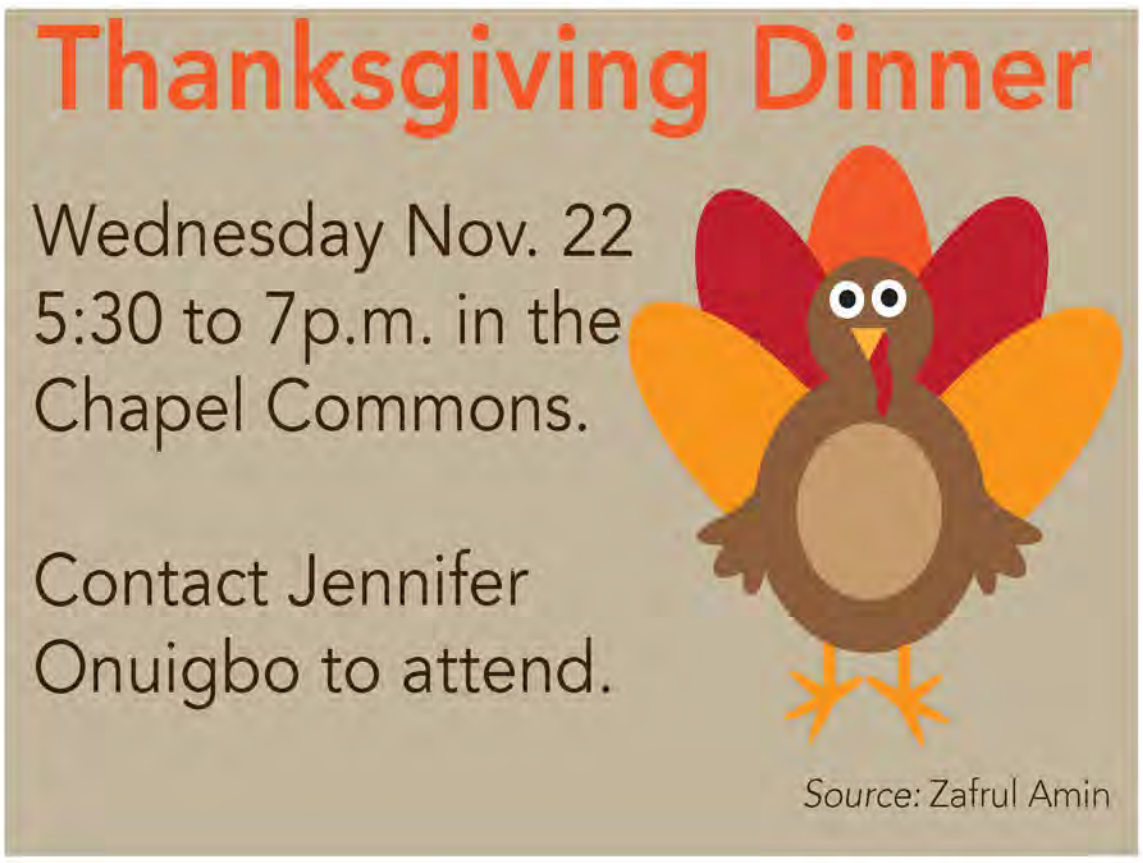
Office Coordinator for Student Life Jennifer Onuigbo, said if anybody would like to participate or come to the meal they are still taking donations.

Amin added that due to the long weekend students will also be given Tupperware to put food in so they will have more options.

"Reactions are very positive and students are grateful that they can take leftovers with them," Onuigbo said.

Thanksgiving is also the last break before finals, Amin said.

"I'm excited for the dinner because it is a special time that I can share a great meal with students," Amin said.



— **Michelle Johnson**/*TRUMPET*

Waverly community members participate in Pickleball at "The W" at open gym Monday-Friday, 10 a.m. to 12 p.m.—**Marketing and Comm.**

A unique sport comes back to Center Court

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Pickleball has returned to "The W" Monday through Friday from 10 a.m. to 12 p.m. There is open gym for any student or member who would like to play.

As the weather starts to cool off and winter approaches, "The W" sees more participants come in, Jill Eckenrod, Member Account Manager & Child Care Coordinator, said.

"It's very popular in the winter months," Eckenrod said. "As it gets colder, we see a lot more people come in to play."

Pickleball is a sport that contains a combination of badminton, tennis and table tennis.

"It's a sport that is very popular with seniors," Eckenrod said.

There is also a Pickleball league coming to "The W" in January.

This league is for doubles and will go from January through March or until the tournament is completed.

The winners of this league will receive T-shirts from "The W."

The deadline to register is Jan. 10 and there is a $30 fee per team. Those interested can register their team online.

For more information about Pickleball open gym or the league, visit "The W"'s website at www.the-w.org.

Sharing their Wartburg stories

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Wartburg prides itself on its dedicated student body, and no student organization expresses that belief more than the Wartburg College Ambassadors.

The group of student volunteers works with prospective students by leading tours, hosting overnights and helping them decide if Wartburg is where they need to be.

The organization has about 70 members who have all dedicated their time because of their love of the college.

Jessica Muller, Vice President of Internal Relations in the ambassador organization, a third year, has been a dedicated member since the spring of her freshman year.

"I was really driven towards the ambassadors program because I have so much pride for Wartburg College and a deep love for the college and wanted to share that with others and help them find their home like I did at Wartburg," Muller said.

Muller said even though being part of the organization takes up a lot of its members' time, she has never regretted joining.

The organization requires students to attend bi-weekly meetings and leave one hour each week for tours.

They also need to be open to house students for over-night visits.

The students who are part of the organization are the strongest advocates for the college, which means they have to be good role models for incoming students.

Because of this, there is a GPA requirement, and the students who are involved tend to be well rounded when it comes to the other clubs and activities on campus.

"There's a lot of different people in the organization," Muller said.

"Not just one major or one talent so that really helps round out the organization when giving tours."

There is also a training period after students are chosen to be in the organization.

They are first given a "Tour Bible" which goes over the different departments and campus organizations as well as how to dress when giving tours and helpful tips.

The tour is also unscripted which gives a more unique experience that prospective students might not receive somewhere else.

"The benefits of a scripted tour, you know what's going to be shared but it takes out all of the personalization and conversation out of the experience," Lindsey Leonard, Director of Student Engagement and the ambassador's adviser said.

Leonard was a student ambassador when she attended UNI and considered it a point of pride when she was in college.

When she was given the chance to be the adviser of Wartburg's program almost four years ago, she took it.

"Its so nice to be involved with a group of students surrounded by something that makes us all passionate," Leonard said.

While the program mainly benefits in-coming students, it really makes a positive impact on everyone involved.

"Seeing students here on campus that I gave tours to, spent time with, got to know as prospective students and then them actually deciding to come here, that's been the most rewarding thing for me," Leonard said.

Group photo of the 2017-2018 Ambassadors group. Involved students come from different majors and are involved in many different organizations. —**Marketing and Comm.**

Friday night salsa dancing

ALISHA UNGS *STAFF WRITER*
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Students learn to several Latin American dances. The event was sponsored by four organizations and held in "The W."—**Alisha Ungs**/*TRUMPET*

Latin rythyms were heard at "The W" as students learned how to salsa dance Friday night, Nov. 17.

Students had the option to donate $1 to hurricane relief in Puerto Rico when they entered.

The event was a collaborative effort of four campus organizations: International Club, Sigma Delta Pi, Spanish Club and the newly formed Spanish And Latin Student Association (SALSA).

Abram Hernandez, president of SALSA, said they wanted students to be able to take a break from school.

"We just kind of have fun, to give everybody a time to relax," Hernandez said.

"It's a stressful time to be a student."

Along with salsa dancing, those attending the event learned two other traditional Latin American dances: the merengue and the bachata.

Greta Hammond, said she has learned how to waltz before, but had never danced anything like the salsa.

She said she enjoyed how fast paced it was.

"The turns are really fun, and the merengue, it's quick, I like it," Hammond said.

Sulibeth Velez, a member of International Club who helped instruct the various dances, said she enjoyed seeing so many people learn about the dances of her culture.

Velez also said she loved the opportunity to show other people the dance moves.

Yarinsy Torres, who also helped to instruct in dancing, said she was excited to see so many people come to the event, and that she saw some people she did not expect to come.

"I enjoy seeing everyone learning," Torres said. "Seeing that they want to learn something new and they are interested in the culture, this is very awesome."

Luke Everhardt heard about the salsa night and said he thought it sounded interesting, so he went to check it out.

Everhardt also said it took a lot of effort to learn the dance.

"It's a lot of footwork and takes a lot of energy," Everhardt said.

Jessica Mueller, vice president of Sigma Delta Pi, said she has enjoyed learning new things as she continues her time at Wartburg.

Mueller said she learned how to salsa dance when studying abroad in Costa Rica her first year, and helped instruct attendees on the specific steps this year.

Velez said she appreciates how many people come to learn about her culture because she loves to teach people about it, and she is particularly passionate about salsa dancing.

"I love everything [about salsa]. I think it's fun," Velez said.

"It's an interesting dance, you can do so many things when you dance with your partner."

Mueller said she was glad so many beginners came to learn how to dance the salsa, and she loved watching her friends enjoy the night.

Mueller also said she is glad people who didn't know how to dance came to learn.

"They can just appreciate dancing a little more," Mueller said.

"Even if they don't do it perfectly they still have fun with it."

Alumna finds her home on campus staff

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KatieJo Kuhens helps students working on Sports Information to update live stats for the Buzz Levick Tournament.—**Hannah Hilgenkamp**/*TRUMPET*

From sport to sport and game to game, one Wartburg staff member and alum works hard behind the scenes to make every Knight Vision program run smoothly.

KatieJo Kuhens works as the Sports Information Director and faculty adviser for Knight Vision Sports and has been for almost seven years now.

"It's quite honestly a huge job," Kuhens said. "When I first started here, I was like 'OK, this is a lot more work than I thought.' But that's a good thing because it just shows the passion and the interest that fans and alums, parents, even opposing teams have for us."

A graduate of '07, Kuhens recalls what it was like when she attended Wartburg as a student. She said the Journalism & Communication department was quite different from the one Wartburg currently has.

"When I was here, Knight Vision did not exist," Kuhens said. "It was still Wartburg TV and they broadcasted one football game, one basketball double header and I think one wrestling dual. And currently we do that in a week, sometimes more than that."

Kuhens believes Wartburg has done a great job with preparing students for their life and produces students with great work ethic and talent.

At the previous institution Kuhens worked at, sher oversaw the athelics work study and had 50 students who worked for her.

"It was very different because the parents were simply writing the check for the students to go to school," Kuhens said.

Some students didn't show up because it didn't matter to them if they worked or not, Kuhens said.

"I just thought that everybody was like a Wartburg student and worked a million miles an hour but that wasn't the case," Kuhens said.

Kuhens works hard to make sure things run smoothly, but said technical difficulties still happen no matter how prepared you are.

"I mean, you have those technical issues when you are working with the internet stuff but I think that is a good learning experience for the students to have to say, 'hey this can go wrong in the real world,'" Kuhens said.

Kuhens said even the big time stations like Fox can have that happen, so this is good real world, on the job training for her student workers.

Though those issues can occur, Kuhens said Wartburg does things first class in every way and she hopes that her work helps the institution maintain that status.

"I have to be on the top of my game every day because our student athletes and our coaches and our programs deserve that," Kuhens said.

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Women's Basketball MV3

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The Wartburg women's basketball team has been a dominant force over the last few years, with three straight deep postseason appearances.

Much of that success can be credited to the play of All-American point guard Katie Sommer, the reigning Iowa Conference MVP in women's basketball.

However, on this team, there is more than just one Most Valuable Player.

The Knights' roster consists of the conference MVPs in two other sports as well: women's soccer MVP Morgan Neuendorf on the wing, and two-time volleyball MVP Aryn Jones at center.

The two of them come in late to start the season following their fall sports, and Sommer said their presence brings a completely different dynamic to the team.

"Having girls with various honors from other sports brings in a different element to our team," Sommer said.

"It's kind of cool seeing how soccer does one thing, how volleyball does one thing, and then getting their mindset and their perspective all together into one sport."

Jones plays at middle blocker in volleyball, implementing a lot of attack power behind her shots and using her 6'2" frame to block down opposing shots at the net.

Her defensive abilities in volleyball translate onto the basketball court, as she has led the team in shot-blocking each of the last two seasons.

That said, though, Jones said the subtle differences between the sports, especially on the defensive side, can be a challenge to get used to.

"I think one of the biggest struggles in transition is with shot-blocking; to stop spiking on shot blocks," Jones said.

"That's one of the things [head coach Bob] Amsbery always touches on at the beginning of the season, is that I have to go straight up on defense in basketball.

Otherwise, it's the speed. I run ten feet over and over in volleyball, but then transitioning onto the basketball court, it's a lot more distance running, so I have to build up endurance that way."

Morgan Neuendorf also has a transitional phase between her fall and winter sports.

She said she is more than ready to get started with basketball now that her MVP soccer season is over.

She said she especially loves the talent she surrounds herself with on the basketball court, especially in her senior class, including athletes outside of Sommer and Jones.

"It's nice to have a class you can rely on," Neuendorf said.

"We're all coming from different high schools where we kind of had to do it all. Everybody has those bad games, so it's nice to be able to have a bad game and not lose. Because if I'm not making shots, chances are everyone else is. It's just nice to have those people who are there to support you and motivate you to be better every day."

Neuendorf and Jones will not suit up in the season opener, but the pair has returned to practice with the team.

Meanwhile, Sommer and the rest of the team will be on the court and ready to go on Tuesday night, Nov. 21.

The Knights will face off against Iowa Wesleyan at Levick Arena to start the season. Tip-off is set for 6 p.m.

Aryn Jones (20), Katie Sommer (11) and Morgan Neuendorf (12) have been Conference MVPs in various sports -**Marketing and Comm.**

Knights win in overtime

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Walston-Hoover Stadium played host to a heart stopping, thrilling NCAA Tournament game that saw the Wartburg Knights football team win 35-34 over the Franklin Grizzlies.

The win came in overtime after the Knights scored on their first drive to go up 34-28. After electing to kick the extra point, the Knights held a 35-28 advantage. Franklin then answered with a touchdown of their own and decided to go for the two point conversion, but the pass attempt fell incomplete bringing the game, and the Grizzlies' season, to an end.

Senior linebacker Tony Anstoetter said he was very emotional when the play ended.

"I was just so thankful, I started crying. I was going to cry either way if they got it or not, but I was just thanking God that I get another game," Anstoetter said.

The Knights got big performances from both of their running backs, Connor Schrader and Dylan Binion.

Schrader led with 116 yards and a pair of touchdowns and Binion also went over the century mark, finishing with 106 yards and also had 20 receiving yards and a touchdown as well.

Connor Schrader led the way for the Knights' rushing attack with 116 yards. - **Marketing & Comm.**

Receiver Riley Brockway paced the Knights with 88 yards and a touchdown. He also came up with a big catch to convert on fourth down to keep the Knights' drive going in overtime.

"It was a back and forth game, up and down, it took a lot out of me, but we got the job done," Brockway said after the game.

Quarterback Matt Sacia finished the game with 170 yards and two touchdowns.

Sacia now has 30 passing touchdowns on the year, tying the school record Logan Schrader set in 2014.

Defensively, it was a tale of two halves for Wartburg. The Knights allowed 21 points in the first half, but only let the Grizzlies reach the endzone once in the second half and once again in overtime.

Rob Rottler led Wartburg with 12 tackles while JoJo McNair finished with seven tackles. McNair also broke up four passes.

Head coach Rick Willis said the win was an intense one and was possible because of his players.

"You're fighting, one play to keep your season alive. Credit our guys, they got after them all game long," Willis said.

Wartburg will host #25 Trine University next Saturday. Kickoff will be at noon at Walston-Hoover.

Anstoetter said the team will be ready to play when their next game comes.

"We have a lot to improve on, but we are still a good team and we can still make a run," Anstoetter said.

Woeste takes up leadership role

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The Wartburg men's basketball team is being led by senior Nate Woeste, after the team graduated two all-conference seniors.

Nate Woeste

Woeste was an honorable mention in last year's IIAC conference selections, and coach Dick Peth expects more of the same from him this season.

"Nate is unquestionably our undisputed leader for this year being that he's a two-time all-conference [player]," Peth said. "He's a prototypical leader both on the court and off the court … If there's anybody that emulates the type of player that we're looking for, certainly that's Nate Woeste."

Woeste has started his season strong, leading the Knights in scoring with 44 points in the opening three games, including a career-high 27 points against Aurora during the Buzz Levick tournament where he was named the tournament MVP.

Last year Woeste started to show his ability as a leader, starting in all 31 games the Knights played and being on the court for a team-high 866 minutes.

This year, Woeste hopes to replicate and better his performances from last season, which included leading the Knights in scoring in the second round of the NCAA tournament against UW-River Falls.

"I want to be a leader of this team, and I hope together we can have a successful season and make a run in the post-season," Woeste said.

Last year the Knights had to fight to make it to the conference tournament, as they beat the Buena Vista Beavers 88-77 in the last round of regular season play to qualify.

The Knights went on to win the conference tournament, earning an automatic bid to the NCAA tournament. Woeste wants to make the post-season less "do-or-die" than last season.

"We obviously want to have a better conference season this year … but it'll take a few steps to get there," Woeste said.

Woeste has started in all three seasons he has played for the Knights, and has improved throughout. Last year he set career highs in every aspect of the game except for blocks and rebounds, which he set the season before.

Peth believes that part of what helps Woeste to grow every season is that he is extremely competitive, and wants to better himself every game.

"He will not back down from any situation whatsoever," Peth said. "He's the type of person that we want to have the ball in his hand at the end of the game. He's going to make great decisions."

Sacia throws Knights to victory

Quarterback Matt Sacia prepares to take a snap against Dubuque. He was recently named Iowa Conference MVP. -**Marketing and Comm.**

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On an offensive play in the red zone against Coe College in the middle of only his second starting season, a young quarterback lines up a play, calls a snap…and immediately drops the ball.

Undeterred, he picks it up, looks around quickly, and then throws a pinpoint accurate pass to his receiver in the end zone for a touchdown. In that moment, Knights quarterback Matt Sacia showed how much he had grown from just a season before.

Sacia had a fantastic junior regular season in 2017. Throughout the ten-game regular season, Sacia completed 186 of 278 passes for a completion percentage of 66.9, over 2,500 yards, and 28 touchdowns. This performance spearheaded an offense that scored an average of 33.9 points per game.

Sacia started for the team last season, taking over for the recently graduated Logan Schrader, whose brother Connor had four touchdowns during the regular season as a running back for the Knights.

Sacia's sophomore year was a decent, but ultimately disappointing one.

This season has been anything but disappointing, as Sacia showed growth both as a passer and as a leader. The key difference, according to offensive coordinator Matt Wheeler, is experience.

"Matt has done a great job of development," Wheeler said.

"He's certainly more durable physically, but most of it is due to his experience that he gained. He's an extremely accurate passer, he has a really strong arm, and throws a really nice, catchable ball."

Wheeler also said that Sacia has shown a marked increase in quality of weekly study and in his chemistry with his offense, saying that Sacia is always cool and composed and leads by example.

All of these acquired traits, according to Wheeler, are due to the experience Sacia gained last season.

Especially potent this season has been the connection between Sacia and senior wide receiver Riley Brockway.

In the final regular season game against Nebraska Wesleyan, the Sacia to Brockway connection scored four touchdowns in the second half alone.

That connection is prized by both players, and both attribute it to lots of time spent together off the field.

"It's just our preparation through the week," Brockway said. "We watch a lot of film together, and then just getting the timing throughout practice through the week, and then on Saturday just letting it all hang out and having fun."

Sacia puts his trust in Brockway and his other receivers due to weekly work and due to time spent with them even before the season began.

"We were all able to stay close over the summer," Sacia said.

"We did a lot of work on throwing and running routes over the summer. Just being more comfortable with each other and being in each other's heads a bit more."

When asked about the aforementioned touchdown against Coe, Wheeler laughed at the memory and once again cited Sacia's experience and confidence.

"He doesn't panic. He's comfortable back there," Wheeler said.

"Experience allows you to be more confident. You can't just dream up confidence. It comes through demonstrated ability."

Matt Sacia meets with tight end Lee Bonifas on the sideline during the Homecoming game against Loras. -**Marketing and Comm.**

Cook leaves his mark

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Clay Cook has had quite the impact on the Wartburg men's basketball program according to both coaches and players. Cook said he found Wartburg high on his list of potential colleges his junior year of high school, and hasn't looked back since.

Clay Cook

He enjoyed how familiar campus felt and that he could study both exercise science and business. Cook also said his love of basketball encouraged him to continue playing the sport.

"It was something I could go outside even when it was 30 degrees and shoot because I loved it so much," Cook said.

Coach Dick Peth said he saw a lot of potential in Cook during the recruiting process. Not only did Peth hear praise from Cook's high school coaches, Peth quickly developed his own vision of Cook as a player.

"We saw Clay as a fierce competitor that had a work ethic second to none and as a player who would only improve his skills during his four years in college," Peth said.

Cook was an all-conference selection his final season with the Knights, and finished in the top 10 in Division III offensive rebounding. This was a great accomplishment according to Peth, as Cook was undersized in the post.

Following graduation, Cook said he didn't know what exactly he wanted to do. Former assistant coach Jacob Oswald received an internship with the Dallas Mavericks following Cook's graduation. Cook said he reached out to Peth to inquire about the coaching position.

Since then, Cook has played a major role in the coaching staff, Peth said. Senior Nate Woeste added that Cook was a major role model for him his freshmen year.

"I instantly noticed his work ethic and knew I needed to have that type of mentality if I wanted to succeed at the collegiate level," Woeste said.

Cook also faced the challenge of coaching his former teammates. Even so, he was able to build a professional relationship with them.

"I had to harp that I'm not a player anymore," Cook said. "It took a while, I'm not going to lie, but after two years we've built a really great relationship."

Cook now handles the team's speed, strength and conditioning program, and works with the post players during practice. He also assists with recruiting when time allows, Peth said.

"We have a tremendous amount of respect for Clay with all he does for our program, giving the players the best opportunity to be successful," Peth said.

All-American talent, All-American personality

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When Eric DeVos began his academic career at Wartburg College, he did not have the intention of continuing his wrestling career, but that thought did not stay around for long.

During his sophomore year, the former University of Iowa transfer began to spend some time around the team and made the decision to return to the mat, a decision he does not regret.

"It made me hungry again, I just really started having fun with the sport again falling back in love with it and it is the best decision I ever made, wrestling here at Wartburg," DeVos said.

In his first two seasons with his program, DeVos became a two-time All-American, won Iowa Conference MVP and also won the 2017 National Championship at the 174-pound weight class. Head coach Eric Keller said he couldn't have been happier for DeVos after he fell just short in the 2016 Finals.

"Just total joy for him and I knew how much it meant to him," Keller said.

The Wartburg Wrestling team has also won a pair of team national championships during his career and Keller said it is due in large part to the energy and personality DeVos brings to the team.

"He's a guy that, you know, every day he comes in with a great attitude, every day is fired up and you can't help but get fired up too," Keller said. "That affects our team and it affects our coaching staff."

Keller also said that when DeVos came into the season last year he was a different person and an even harder worker than before, not just on the mat but in the classroom as well.

At the end of last season, DeVos was named to the 2017 NWCA Scholar All-American team.

Eric DeVos fights for an escape from Messiah's Ben Swarr in the national 174-class final. He won by a 10-1 major decision. -**Riley Cole**/*TRUMPET*

Unfortunately for DeVos, he has had to spend the beginning of this season away from the team due to only having one semester of eligibility left in his amateur career.

He will return to the team and make his season debut on Dec. 18 at the Desert Duals in Las Vegas.

Keller said there is a void on the team without him and DeVos said he is ready to make the return to the team that he has become so close with.

"Getting to come in here every day, like I said, wrestle with these guys, getting to be a part of something, I don't know, it's like family," DeVos said.

Wartburg Trumpet Athletes of the Week:

Eli Kaczinski

Finished in 35th place at the NCAA Cross Country Nationals with a time of 24:55.67, earning All-American status.

Cassidy Christopher

The top Knights finisher at the NCAA Cross Country Nationals, with a time of 21:56.90. The team placed 22nd overall.